

DAY 43—LEGS, CALVES & ABS

EXERCISE	SETS/REPS	COMMENT
Cardio	40 + 10 minutes	Perform 40 minutes of steady-state cardio followed immediately by 10 minutes of HIIT cardio with 30 seconds on/30 seconds off intervals
Leg Extensions	3 Sets - 20 Reps	GIANT SET 1: Perform a set of leg extensions, goblet squats and stationary overhead lunges without resting, and then rest for 2 minutes before your next giant set
Goblet Squats	3 Sets - 20 Reps	
Stationary Overhead Lunges	3 Sets - 10 Reps per Leg	
Lying Hamstrings Curls	3 Sets - 20 Reps	GIANT SET 2: Perform a set of lying hamstrings curls, Smith machine stiff-legged deadlifts, and standing single-leg calves raises without resting. For single-leg calves raises perform 10 reps slowly followed by 10 reps fast for each leg. Then rest 2 minutes before your next giant set
Stiff-Legged Deadlifts	3 Sets - 20 Reps	Rest 2 minutes between sets
Machine Squats Or Leg Presses	3 Sets - 20 Reps	Choose your preferred move. Rest 2 minutes between sets
Twist Crunches	1 Sets - 20 Reps	
Crunches	1 Sets - 20 +10 Reps	Perform 20 slow reps followed by 10 fast reps
V-Ups	1 Sets - 20 Reps	
Raised Leg Crunches	1 Sets - 20 Reps	V-Ups
Elbow-To-Knee Twists	1 Sets 20 Reps per Side + 20	Perform 20 reps to one side, and then perform 20 reps to the other. Finish off with 20 fast reps per side

